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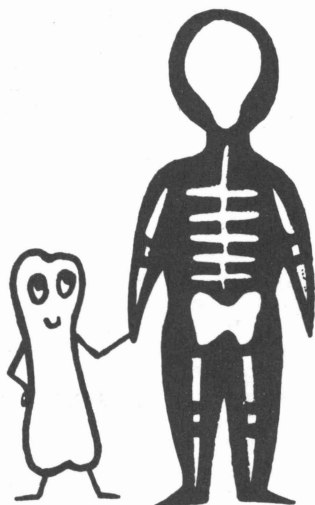
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TEXAS AGRICULTURAL EXTENSION SERVICE OF THE TEXAS A&M UNIVERSITY SYSTEM



FAMILY NUTRITION NEWS

Dear Homemaker,



Calcium is a nutrient needed by everyone for strong bones and good teeth. Calcium is especially important for growing children and pregnant or nursing mothers. Bones grow straight and strong only if you get enough calcium. But calcium does other things, too. Calcium is necessary for blood to clot and for the heart to beat. You can get calcium from foods you eat.

On the back of this letter is a new way to prepare milk -- yogurt.

One cup of yogurt furnishes about the same calcium as one cup of milk.

Sincerely,

Name and title

Calcium

PLAIN YOGURT

- 4 cups warm water
- 2½ cups instant nonfat dry milk
- ½ cup plain yogurt

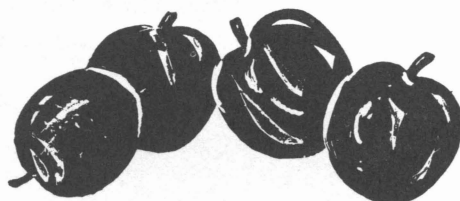
Dissolve dry milk in lukewarm water in a bowl until all lumps disappear. Add yogurt to milk mixture. Cover bowl and leave at room temperature overnight or about 16 hours. Yogurt should then be refrigerated in covered containers. It will stay fresh for 1 week in the refrigerator. Serves 5 to 6.



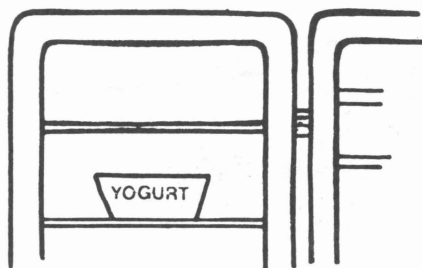
MORE INFORMATION . . .

TO SERVE YOGURT

Mix plain yogurt with sweetened fruit just before serving for a delicious nutritious dessert or snack.



Yogurt makes an excellent dressing for fruit or raw vegetables such as cucumbers.



This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by Judy Grubbs, former Extension foods and nutrition specialist, The Texas A&M University System.